

## **Wheels and Heels – May 2005**

*Email news from MoDOT Bicycle/Pedestrian Coordinator, Caryn Giarratano*

Greetings Windbenders,

A lot is happening in the bicycle and pedestrian field in our state. I'm trying my best to keep you informed. If I miss something, please let me know!

**Trivia:** What do motorcycles, airplanes and automobiles all have in common? They were all developed by bicycle mechanics!

### **MISSOURI HAPPENINGS**

**Legislation** - MoDOT supported bicycle legislation that at the time of this writing, has passed both House and Senate and is waiting for the governor's signature. This safety legislation (SB372) regulates bike lane usage, redefines bicycles to include adult trikes and recumbents, requires passing motorists to leave a safe distance from the bicyclist, indicates proper bicyclist usage of shoulders and allows a bicyclist to use the right arm to signal a turn. See ... <http://www.senate.mo.gov/05info/billtext/tat/SB372.htm>.

**Policy** - MoDOT standards have changed to better accommodate bicyclists for shoulder rumble strips (626.00D – effective 5/13/05) and drainage grates (614.10T – effective 10/1/05). SRS specifications changes include a narrower width (from 16" to 12"), a better placement to allow more smooth shoulder pavement (under the edgeline) and increasing the distance from intersections and on ramps of non-rumbled pavement. Increasing the amount of smooth pavement will allow bicyclists to make left turns and to ride past ramps on shoulders without crossing rumbles. The parallel bar grates (that can trap bike wheels) will no longer be allowed in new construction on roads and shoulders. Instead, curved vane grates must be used. See ... [http://www.modot.mo.gov/business/standards\\_and\\_specs/currentsec600.htm](http://www.modot.mo.gov/business/standards_and_specs/currentsec600.htm)

**BPAC** - The Bicycle and Pedestrian Committee subcommittees, Engineering, Enforcement, Education, and Encouragement, sent drafts of their assigned sections of the Missouri Strategic Plan Regarding Bicycling and Walking to MoDOT Transportation Planning by May 1. The BPAC Steering Committee will meet next month to format these parts into a whole.

**Jetton's Fitness Challenge** - The Speaker of the House is planning to ride across the state of Missouri on the Katy Trail beginning June 20. All are invited at no charge. Visit the website often to see new details. See ... [http://www.modot.mo.gov/othertransportation/bike\\_ped/Bikepedprogramintro.htm](http://www.modot.mo.gov/othertransportation/bike_ped/Bikepedprogramintro.htm) and click on Speaker Jetton's Fitness Challenge.

**RAAM Begins June 19** – The Race Across America solo bicyclists will reach Jefferson City Time Station # 33 at approximately 8 am on Friday, June 24. The first team will arrive at about 3 am on Saturday, June 25. If you are interesting in helping at the time station contact Dan Miller, [stmshovell@mchsi.com](mailto:stmshovell@mchsi.com), 573-635-4107. See ... <http://www.raceacrossamerica.org/> or <http://www.raceacrossamerica.org/Default.aspx?tabid=53>.

**Honorable Mention to Springfield** – The League of American Bicyclists awarded Honorable Mention to the City of Springfield in the competition for Bicycle Friendly Community. Reviewers were impressed with the ongoing commitment in the city to make improvements in the future, the bike parking ordinance, the growth in the Safe Routes to School program and the development of a bicycle plan that outlines 110 miles of street with bike lanes or shared lane symbols to allow connectivity. See ... <http://www.bicyclefriendlycommunity.org/May2005Pressrelease.htm>.

**Frisco Highline Nearly Completed** - The Frisco Highline Trail is the second longest rail-trail in Missouri. This fall 19 more miles will be completed to make the trail 35 miles long between Springfield and Bolivar. See ... <http://www.railtrails.org/find/totm/default.asp>.

**St. Louis Opens New Route** - Bike St. Louis, the new 20-mile continuous on-road bicycle route connecting downtown St. Louis to local neighborhoods, parks and activity centers is completed. See ... <http://www.bikestlouis.org/>.

**Columbia PedNet News** - PedNet has been awarded a \$50,000 Healthy Eating by Design grant by the Robert Wood Johnson Foundation, to complement their Active Living by Design project. The project will concentrate on increasing fruit and vegetable consumption among West Boulevard Elementary students.

The Walking School Bus pilot program at Grant, Ridgeway, Russell, and Fairview Schools has been a huge success with 10-20 children walking to school every day. The program emphasized that the absence of sidewalks around schools is a massive barrier to kids walking to school.

A record 1700 people registered for The Mayor's Challenge: Bike, Walk, and Wheel Week. See ... <http://www.pednet.org>.

**Boone County Deputies will pedal** - Officers will have bikes affixed to patrol cars and will drive the cars between towns and subdivisions to pedal through the areas. The department has several bikes that officers use to patrol events such as the Boone County Fair and the Memorial Day Air Show. See ... <http://www.columbiatribune.com/2005/Apr/20050420News003.asp>.

**Consideration for a Walkable Liberty** - Plans are underway to revive the Liberty Square and surrounding neighborhoods. The plan calls for mixed residential and commercial uses around the downtown, keeping the Square as a centerpiece. See ... <http://tinyurl.com/d2h62>.

**Mayors Seek Rail Trail Connection** - Columbia Mayor Darwin Hindman and Centralia Mayor Jerry Parmeley have proposed building a walking/bicycling trail between Columbia and Centralia along the COLT rail line, which serves the communities of Centralia, Hallsville, Browns Station and Columbia - a distance of about 21.4 miles. See ... <http://www.mobikefed.org/2005/05/trail-between-columbia-and-centralia.html>

## **OTHER STATE NEWS**

**IA** - The 2005 Iowa Transportation Map for Bicyclists is now available at no cost. This map shows hundreds of miles of multi-use trails and also includes traffic levels for all paved roadways so bicyclists can choose the road routes that match their level of riding experience. Included also is information about shared use trails that are five miles or longer, cycling safety tips and contacts for additional information on bicycling in Iowa. See ... <http://www.iowabikes.com>.

**IL** - Proposed bicycle legislation is causing concerns. See ... <http://www.toi.org/Magazine%20Arts/readyforthedefenseMay2005.pdf>.

**KS** - Mark Fenton, host of the PBS program America's Walking and a former member of the national racewalking team, was in Lawrence for a Walkable Community Workshop sponsored by the National Center for Bicycling and Walking in April. See ... <http://www.ljworld.com/section/citynews/story/201720>.

**NJ** – A law increasing the fine for drivers violating crosswalk laws by \$50 and dedicating the revenue to a new pedestrian safety fund was passed by the NJ Senate on March 21. The bill awaits the governor's signature before becoming law. See ... <http://www.tstc.org/bulletin/20050404/mtr49504.html>.

## **NATIONAL NEWS**

**RAAM** - The Race Across America starts in San Diego on June 19 and heads to Atlantic City for a total ride of 3,046 miles –Organizers are encouraging clubs and other bicyclists to come out and cheer the riders on as they race across the country. See ... <http://www.raceacrossamerica.org>.

**SAFETEA** - The Senate passed (by a vote of 89-11) their version of the reauthorization of the Federal transportation legislation. This bill and the House version (HR3) will be taken up by a conference committee to resolve differences. An amendment offered by Senator Sessions (R-AL) that would have limited funding for Transit, CMAQ and Transportation Enhancements was defeated by 84-16. The Senate voted on an amendment to make routine accommodation of bicyclists and pedestrians (complete the streets) the national policy. The amendment was introduced by Senator Tom Harkin (D-IA) with several co-sponsors and was defeated by 53-44. Groups in support of Harkin's amendment included AARP, the American Public Health Association and the Association of Metropolitan Planning Organizations. See the Complete Streets Amendment ... <http://www.bikeplan.com/cs2005.pdf>. For updates on this federal legislation see ... <http://www.americabikes.org>.

**House Reauthorization News** – This bill includes \$875 million for a Safe Routes to School program (for fiscal years 2005-2009). See ... [http://gulliver.trb.org/news/blurb\\_detail.asp?id=1410](http://gulliver.trb.org/news/blurb_detail.asp?id=1410).

**Livable Streets for Schoolchildren** – Safe routes to school programs can help improve livability and our children's quality of life. See ... [http://www.bikewalk.org/ncbw\\_forum/articles.htm](http://www.bikewalk.org/ncbw_forum/articles.htm).

**Seeking Nominations for Bike Awards** - Adventure Cycling Association is currently seeking nominations for 2005 Awards, including the June Curry Trail Angel Award and Bike Shop Award. Nominations will be accepted until August 15, 2005 by visiting [www.adventurecycling.org/outreach/awards](http://www.adventurecycling.org/outreach/awards), emailing [awards@adventurecycling.org](mailto:awards@adventurecycling.org), or by calling 800-755-2453.

**Walkable Top Ten** - The American Podiatric Medical Association created a "Top 10 List" of cities in the US from the 200 largest incorporated cities based on healthy lifestyles, modes of transportation to and from work and involvement in fitness and sport activities. The 2005 winners are: Arlington, VA; San Francisco, CA; Seattle, WA; Portland, OR; Boston, MA; Washington, DC; New York City; Eugene, OR; Jersey City, NJ; and Denver, CO. See ... <http://www.podiatrists.org/enewsroom/news/news2005/topwalkingcities2005/>.

## **EDUCATION and SAFETY**

**Bike Safety Books Here** – MoDOT offers free bicycle and pedestrian safety materials that include bicycle statutes and pedestrian statutes called *Street Smarts*, *From A to Z by Bike*, *About Pedestrian Safety* and *Protecting Your Child's Head*. Email Susan Roark at [susan.roark@modot.mo.gov](mailto:susan.roark@modot.mo.gov).

**Street Smarts** ... <http://www.bikexpert.com/streetsmarts/usa/index.htm>.

**Complete the Streets** - Most US roadways are not "complete streets." According to a national survey conducted in 2002 by the federal Bureau of Transportation Statistics, about one quarter of all walking trips take place on roads without sidewalks or shoulders and bike lanes are available for only about five percent of bicycle trips. Another BTS poll, the 2003 National Transportation Availability and Use Survey, found that

the top complaint among both able-bodied and disabled pedestrians and bicyclists was that there were too few usable sidewalks and bikeways. See ... <http://tinyurl.com/bgtb5> or <http://tinyurl.com/7a7pn>.

**Guidelines for Analysis of Investments in Bicycle Facilities** – Researchers are seeking help in field-testing this new online tool. It provides estimates of costs, demand (use) and benefits for a proposed bicycle facility investment. To date, the team has identified bicycle facility costs, created a methodology to determine demand and identified six benefits of cycling. Contact David Loutzenheiser at [drl@thecollaborative.com](mailto:drl@thecollaborative.com), and see the tool at ... <http://www.bicyclinginfo.org/bikecost/>.

**Child and Youth Friendly Land-Use and Transport Planning Guidelines** - <http://www.cstctd.org/english/docs/Guidelines.pdf> or article on child-friendly cities ... <http://www.raisethehammer.org/index.asp?id=073>

**FHWA Pedestrian Safety Newsletter** ... The pedestrian safety goal of the Federal Highway Administration is to continually improve highway safety by reducing pedestrian crashes, fatalities and injuries by 10 percent by the year 2008, saving 465 lives. Pedestrian facilities need to be improved in every community in the United States. It is not acceptable that close to 5,000 pedestrians are killed in traffic every year, that people with disabilities cannot travel without encountering barriers, and that a desirable and efficient mode of travel is often made difficult and uncomfortable. See ... [http://safety.fhwa.dot.gov/ped\\_bike/ped/pedforum/pedforum\\_spring05.htm](http://safety.fhwa.dot.gov/ped_bike/ped/pedforum/pedforum_spring05.htm).

**Channing-Bete Offers Safety Materials** - School bus safety materials are available for ages 3-6, 6-9, and 9-11. Call 1-800-391-2118 or see ... <http://go.channing-bete.com/wa/promotion?p=1&code=K0112>.

**Cross Alert System** – Better safety is provided by a solar-powered, motion-activated early warning system at recreational path and public road intersections, including mid-block crossings. Call 866-276-7725, 866-CROSS-ALERT or see ... <http://www.crossalert.com>.

**Pedestrian Alert System** - Plans are currently under development by Optimus Corporation as part of a contract with the FHWA to create a Pedestrian Alert System (PAS) to alert motorists and pedestrians about “warning zones” at crossings. The system will consist of a GPS receiver and a radio transmitter to send a warning to either the outfitted pedestrian or motorist to avoid crashes. Call David Gibson at 202-493-3271.

## **FUNDING**

**Local Initiative Funding Partners** - The LIFP is a partnership program between the Robert Wood Johnson Foundation and local grant makers that supports innovative community-based projects to improve health and health care for vulnerable populations. LIFP provides grants of \$100,000 to \$500,000 per project, which must be matched dollar for dollar by local grant makers such as community foundations, family foundations, and corporate grant makers. See ... <http://www.lifp.org/html/apply/programdetails.html>.

**The Allstate Foundation** – This program supports national and local programs that fit within three focus areas: safe and vital communities; tolerance, inclusion and diversity; or economic empowerment. See ... <http://www.allstate.com/Community/PageRender.asp?Page=foundationfunding.htm>.

**Pay It Forward Foundation** – These projects benefit schools, neighborhoods or greater communities and include learning goals for the youth participants. Mini-grants between \$50 and \$500 are available to school, church, and community-based groups of youths for service activities of all types. See ... <http://payitforwardfoundation.org/educators/grant.html>.

**Planet Bicycle** – This company donates 25% of company profits to causes that promote and facilitate bicycle usage. See ... <http://www.planetbike.com/>.

**Funding Sources Guide** ... <http://archive.naccho.org/Funding-Guide/May-2005/Missouri.pdf>

## **OTHER NEWS**

**Cross Country Ride** - Three soldiers are biking to raise money beginning in California on May 21, 2005 and finishing in New York on July 19, 2005. See ... <http://www.kintera.org/faf/home/default.asp?ievent=107227>.

**Most Significant Invention** - A BBC Poll indicated that the bicycle is the most significant invention (with 50% of the vote). The transistor was second with 8% of the vote and the electro-magnetic induction ring (the means to harness electricity) took third. See ... <http://news.bbc.co.uk/2/hi/technology/4513929.stm>.

## **WEBSITE LINKS**

Amtrak bikes on train info ... <http://tinyurl.com/bueb6>  
Bike magnets for motorized vehicles ... <http://supportcycling.com/>  
Bike St. Louis project progress ... <http://www.bikestlouis.org/>  
Color use for visually impaired ... [http://www.lighthouse.org/color\\_contrast.htm](http://www.lighthouse.org/color_contrast.htm)  
Complete Streets report ... <http://www.thunderheadalliance.org/index.asp>  
Cyburbia: the urban planning portal ... <http://www.cyburbia.org/forums/showthread.php?t=17645>  
Mountain Bike Magazine ... <http://www.mountainbike.com/>  
MTB trails in MO ... <http://www.dirtworld.com/trails/traillist.asp?id=25> and [http://content.mtbr.com/united-states-trails/trails-missouri/PLS\\_4559crx.aspx](http://content.mtbr.com/united-states-trails/trails-missouri/PLS_4559crx.aspx)  
National bp study ... <http://www.walkinginfo.org/>  
Talking signs for visually impaired ... <http://www.talkingsigns.com/>

## **SOURCES OF INFORMATION**

Adventure Cycling ... <http://www.adventurecycling.org>  
American Pedestrian and Bicycle Professionals ... <http://www.apbp.org/>  
Bikes Belong Coalition ... <http://www.bikesbelong.org>  
Channing-Bete Company ... [www.channing-bete.com](http://www.channing-bete.com)  
Columbia PedNet Coalition ... <http://www.pednet.org>  
Institute of Transportation Engineers ... <http://www.ite.org/>  
League of American Bicyclists ... <http://www.bikeleague.org>, [bill@bikeleague.org](mailto:bill@bikeleague.org)  
Missouri Bicycle Federation ... [www.mobikefed.org](http://www.mobikefed.org), [brent@brenthugh.com](mailto:brent@brenthugh.com)  
National Center for Bicycling & Walking ... <http://www.bikewalk.org>, [info@bikewalk.org](mailto:info@bikewalk.org)  
Rails to Trails Conservancy ... <http://www.railtrails.org/>, [membership@railtrails.org](mailto:membership@railtrails.org)  
Transportation Research Board ... <http://www.trb.org>, [rhouston@nas.edu](mailto:rhouston@nas.edu)  
Victoria Transport Policy Institute, [litman@vtpi.org](mailto:litman@vtpi.org), <http://www.vtpi.org>

## **CALENDAR**

June 4 – National Trails Day. See [www.nationaltrailsday.org](http://www.nationaltrailsday.org) or contact Ivan Levin at 1-800-972-8608 x 208, [ntd@americanhiking.org](mailto:ntd@americanhiking.org).

July 27 to 30 – TrailLink 2005 in Minneapolis/St. Paul, MN. TrailLink 2005 will examine new trends in trail design and management; explore the public health impact of trails; provide the latest policy and legal

updates; and examine other core issues affecting national and international trails, all with a focus on improving communities through expanding trail networks, Katie Magers, [katie@railtrails.org](mailto:katie@railtrails.org). See ... <http://www.railtrails.org/traillink2005>.

August 26 to 28 - Thunderhead Complete Streets Training, Decatur, GA. See ... <http://www.thunderheadalliance.org/trainings05.htm>.

September 17 – the Tour of the Ozarks to benefit the Diabetes Education Fund. Route choices include 12, 25, 50 and 100 in Rolla. Call 573-364-1695 or see ... [www.touroftheozarks.org](http://www.touroftheozarks.org).

October 5 - Walk to School Day. International Walk to School Week is October 3-7. See ... <http://www.walktoschool-usa.org/> or [www.walktoschool.org](http://www.walktoschool.org).

October 15 – BikeMO on Saturday at 9 am. See ... [www.mobikefed.org](http://www.mobikefed.org).

October 27-29 – Missouri Trail Summit, Stoney Creek Inn, Columbia. Paula Diller, 573-636-3828. See ... [www.mopark.org](http://www.mopark.org).

May 17, 2006 – Ride of Silence at 7 pm to honor bicyclists who were killed or injured while riding on the road. See [www.rideofsilence.org](http://www.rideofsilence.org).

*Please forward this newsletter to anyone you feel may be interested. If you are not on the mailing list and would like to be added, tell me!*

Tailwinds, Caryn

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